**Leila Nourian, M.A.**
Clinical Psychologist & Mental Health Researcher
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### **Objective**

Dedicated clinical psychologist with expertise in culturally adaptive interventions, resilience frameworks, and trauma-informed care. Seeking to join the Ph.D. program in Clinical Psychology at Université Libre de Bruxelles, collaborating with global scholars to further research in cross-cultural mental health.

### **Education**

**Master of Arts in Clinical Psychology**
University of Tehran – Tehran, Iran
Graduated: 2010

* **GPA:** 3.85/4.0
* **Thesis:** "Evaluating Anxiety Reduction through Culturally Adapted CBT Among University Students in Iran"
* **Focus Areas:** Cognitive Behavioral Therapy (CBT), trauma recovery, resilience-building

**Bachelor of Science in Psychology**
Shahid Beheshti University – Tehran, Iran
Graduated: 2007

* **GPA:** 3.76/4.0

### **Professional Experience**

#### **Clinical Psychologist**

**Tehran Mental Health Institute** – Tehran, Iran
2015–Present

* Developed a CBT model specifically adapted for trauma recovery in Iranian populations.
* Initiated a telehealth program for remote and underserved regions, connecting over 3,000 patients to mental health services.
* Conducted individual and group therapy sessions, applying cultural sensitivities in assessment and intervention.

#### **Mental Health Researcher**

**Iranian Institute of Psychiatry** – Tehran, Iran
2012–2015

* Directed research on urbanization and mental health in collaboration with Dr. Reza Mohammadi, University of Tehran.
* Conducted a joint resilience study with Dr. Miriam Saboori from the University of Social Welfare and Rehabilitation Sciences in Tehran, focused on trauma care in community settings.
* Trained therapists in culturally responsive care, creating a program that integrates local beliefs and values in therapeutic settings.

#### **Clinical Psychologist (Internship)**

**Shiraz University Hospital, Department of Psychiatry** – Shiraz, Iran
2010–2012

* Provided counseling sessions for anxiety and trauma disorders, with supervision from Dr. Ali Rafati, Clinical Psychologist.
* Participated in interdisciplinary case reviews, contributing to culturally adapted protocols for trauma recovery.

### **Research & Publications**

* Nourian, L., & Amirnejad, S. (2022). "The Role of Social Support in Building Resilience Among Trauma Survivors in Iran." Middle Eastern Journal of Psychology.
* Nourian, L. (2019). "Culturally Responsive CBT: Practical Applications in Mental Health Telehealth Services." **International Conference on Telemedicine and Mental Health**, Istanbul, Turkey.
* Nourian, L., & Mohammadi, R. (2018). "Mental Health and Urbanization: Psychological Well-being in Tehran." Iranian Journal of Psychiatry and Clinical Psychology.
* Nourian, L. (2018). "Mental Health and Migration: Culturally Adapted Therapies in Clinical Psychology." **Middle East Psychology Symposium**, Amman, Jordan.
* Nourian, L. (2017). "Telehealth in Post-Trauma Therapy: Opportunities and Challenges." **Global Mental Health Conference**, Istanbul, Turkey.
* Nourian, L. (2016). "Resilience and Mental Health: A Framework for the Middle East." **International Trauma and Resilience Forum**, Dubai, UAE.
* Nourian, L. (2015). "Understanding Mental Health Needs in Refugee Populations." **Annual Conference on Refugee Mental Health**, Berlin, Germany.

### **Skills**

#### **Clinical & Therapeutic Skills**

* CBT, trauma-informed care, resilience frameworks, cross-cultural psychology, group therapy facilitation

#### **Research & Analysis**

* SPSS, R, NVivo for qualitative analysis, longitudinal studies, data analysis

#### **Software & Technical Skills**

* **Statistical Analysis:** SPSS, R, AMOS
* **Qualitative Analysis:** NVivo
* **Data Visualization & Reporting:** Microsoft Excel, Tableau
* **Telehealth Platforms:** Remote patient management and telehealth system setup

#### **Languages**

* **Farsi (Persian):** Native
* **English:** Proficient (IELTS Academic Overall Band Score: 7.5)
	+ Speaking: 7.5
	+ Writing: 7.0
	+ Listening: 8.0
	+ Reading: 7.5

### **Professional Development**

* **Certificate in Telehealth Implementation for Mental Health Services**
Iranian Association of Telemedicine – Tehran, Iran, 2021
* **Advanced CBT Certification**
Iranian Association of Cognitive Behavioral Therapy – Tehran, Iran, 2018
* **Resilience Training in Trauma Care**
International Federation of Mental Health – Amman, Jordan, 2016

### **Conference Presentations**

* "Telehealth Solutions in Mental Health for Remote Iranian Communities" – **International Mental Health & Technology Conference**, 2020
* "Trauma-informed Therapy: Techniques for Building Resilience in Post-Conflict Populations" – **Middle East Psychology Symposium**, 2019
* "Urbanization and Mental Health in the Middle East: A Population Study" – **World Conference on Population Health**, 2018
* "CBT Adaptations for Middle Eastern Populations: Best Practices" – **Annual Meeting of Clinical Psychologists**, 2017

### **Professional Affiliations**

* **Iranian Psychological Association** – Member, 2015–Present
* **Middle Eastern Society for Trauma Recovery** – Member, 2018–Present
* **International Association of Cognitive Behavioral Therapy** – Member, 2020–Present

### **Volunteer Experience**

#### **Mental Health Volunteer**

**Mental Health for Refugees Organization** – Tehran, Iran
2017–2020

* Provided mental health services to Afghan refugees in Tehran, with trauma support adapted to local cultural sensitivities.
* Conducted workshops on mental health awareness and self-care, assisting over 500 refugees with basic mental health strategies.

#### **Resilience and Trauma Support Volunteer**

**Iranian Red Crescent Society** – Ahvaz, Iran
2016–2017

* Assisted in developing community support systems for post-flood trauma victims, working closely with local health officials to ensure culturally appropriate responses.
* Trained volunteers on mental health basics, creating a framework for continued support.

#### **Volunteer Research Assistant**

**University of Tehran, Department of Psychology** – Tehran, Iran
2013–2015

* Supported Dr. Reza Mohammadi’s research on resilience factors among Iranian youth, focusing on stress adaptation and coping mechanisms.
* Contributed to data collection and analysis, utilizing NVivo for qualitative analysis and SPSS for quantitative research.

#### **Community Mental Health Educator**

**Women’s Health Empowerment Program** – Qom, Iran
2012–2014

* Organized mental health workshops on self-care, depression management, and trauma recovery for over 200 women in rural Qom.
* Collaborated with local clinics to offer follow-up support and created resource materials tailored to the cultural context.